



CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Psychology of Sport and Injury				
Module Code	UZYS1G -15-3	Level	3	Version	1
Owning Faculty	Health and Applied Science	Field	Allied Health Professions		
Contributes towards	BSc (Hons) Sport Rehabilitation				
UWE Credit Rating	15	ECTS Credit Rating	7.5	Module Type	Project
Pre-requisites	None		Co- requisites	None	
Excluded Combinations	None		Module Entry requirements	None	
Valid From	September 2015		Valid to	2021	

CAP Approval Date	30 April 2015
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Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate a critical understanding of the relationship between the psychology of the athlete and injury (Component A) • Demonstrate a critical understanding of the psychological models that may be used to reduce the risk of injury (Component A) • Discuss the psychological responses to injury (Component A) • Discuss the psychological factors that influence adherence to rehabilitation programmes (Component A) • Justify the strategies that can be used to facilitate adherence to rehabilitation programmes (Component A) • Justify the role of the sports rehabilitator in providing psychological support for the athlete (Component A) • Critically evaluate the contribution of the psychological approach, and its integration into other management strategies used to rehabilitate the injured athlete (Component A)
Syllabus Outline	<p>Psychology and sport Psychological precursors to injury Interventions to reduce injury vulnerability Models of psychological factors in injury rehabilitation to include biopsychosocial models, psychological models, cognitive appraisal models Psychological responses to injury, cognitive responses to injury, emotional responses to injury, behavioural responses to injury, positive responses to injury</p> <p>Sports injury rehabilitation</p>

	<p>Adherence to injury rehabilitation Predictors of sports injury rehabilitation adherence Enhancing sport injury rehabilitation adherence The role of the sports therapist in providing psychological support for the injured athlete Cognitive-behavioural interventions for injured athletes Interprofessional collaboration</p>																									
Contact Hours	Up to 24 contact hours to usually include up to 1 hours theory lecture and 1 hour of practical /seminar/group work per week for 12 weeks.																									
Teaching and Learning Methods	<p>Scheduled learning includes lectures, practical skills, seminars sessions.</p> <ul style="list-style-type: none"> Lectures provide an introduction and summary of the topic area. Practical sessions allow the students to develop observational and assessment skills in a clinical and functional movement context. Seminars/group work include discussion and use of information provided to support learning. Additionally, students are expected to engage in self study using the resources available on blackboard. A major part of their study time is taken up by preparation for teaching sessions and for the placement experience <p>Independent learning includes hours engaged with essential reading, coursework preparation linking with the management approach selected for review. Use of practical experience gleaned whilst on placements will also be required to support discussion during the module.</p>																									
Key Information Sets Information	<p>Key Information Sets (KIS) are produced at programme level for all programmes that this module contributes to, which is a requirement set by HESA/HEFCE. KIS are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.</p> <table border="1" data-bbox="459 1126 1370 1518"> <thead> <tr> <th colspan="5">Key Information Set - Module data</th> </tr> <tr> <td colspan="5"><i>Number of credits for this module</i></td> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td style="border: 2px solid black;">15</td> </tr> <tr> <th>Hours to be allocated</th> <th>Scheduled learning and teaching study hours</th> <th>Independent study hours</th> <th>Placement study hours</th> <th>Allocated Hours</th> </tr> <tr> <td>150</td> <td>24</td> <td>126</td> <td>0</td> <td>150</td> </tr> </tbody> </table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a -</p> <p>Written Exam: Unseen written exam, open book written exam, In-class test Coursework: Written assignment or essay, report, dissertation, portfolio, project Practical Exam: Oral Assessment and/or presentation, practical skills assessment, practical exam</p> <p>Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:</p>	Key Information Set - Module data					<i>Number of credits for this module</i>									15	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	24	126	0	150
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	Total assessment of the module:				
	Written exam assessment percentage			100%	
	Coursework assessment percentage			0%	
	Practical exam assessment percentage			0%	
				100%	

Reading Strategy	<p>Core readings It is essential that students read one of the many texts on research methods available through the Library. Module guides will also reflect the range of reading to be carried out.</p> <p>Further readings Students are expected to identify all other reading relevant to their chosen research topic for themselves. They will be encouraged to read widely using the library search, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely.</p> <p>Access and skills The development of literature searching skills is supported by a Library seminar provided within the first semester. These level three skills will build upon skills gained by the student whilst studying at levels one and two. Additional support is available through the Library Services web pages, including interactive tutorials on finding books and journals, evaluating information and referencing. Sign-up workshops are also offered by the Library</p> <p>Indicative reading list The following list is offered to provide validation panels/accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. However, as indicated above, <i>current</i> advice on readings will be available via the module guide.</p> <p>Blackboard This module is supported by Blackboard where students will be able to find all necessary module information. Direct links to information sources will also be provided from within Blackboard</p>
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Indicative Reading List	<p>Arvinen-Barrow, M. and Walker, N. (2013) <i>The Psychology of Sport Injury and Rehabilitation</i>. [online] Oxon: Routledge. [accessed 14 November 2014].</p> <p>Weinberg, R.S. and Gould, D. (2011) <i>Foundations of Sport and Exercise Psychology</i>. 5th ed. Leeds: Human Kinetics.</p> <p>Journals: Journal of Sport and Exercise Psychology The Sports Psychologist Journal of Applied Sport Psychology</p>
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Part 3: Assessment	
Assessment Strategy	2000 word reflective written assignment that assesses the students' ability to understand, examine and provide interventions for psychological issues that present during practice. The reflective case report will provide evidence of clinical reasoning and integration of theoretical principles and use of research evidence.

Identify final assessment component and element	Component A	
% weighting between components A and B (Standard modules only)	A:	B:
	100	

First Sit		
Component A (controlled conditions) Description of each element	Element weighting	
1. 2000 word reflective written assignment	100	

Resit (further attendance at taught classes is not required)		
Component A (controlled conditions) Description of each element	Element weighting	
1. 2000 word reflective written assignment	100	
<p>If a student is permitted an EXCEPTIONAL RETAKE of the module the assessment will be that indicated by the Module Description at the time that retake commences.</p>		